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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: ICE CREAM WITH LESS SUGAR ... Information from Bureau of Dairy Industry,
U.S. Department of Agriculture.

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Ice Cream...America's favorite dessert...was, to some extent, a wartime casualty so far as civilians were concerned. We were sorry not to be able to get all we wanted, when we wanted it, but we didn't complain too much. After all, we knew it was going to our men in uniform, and we were glad to let them have it. We heard stories of the quantities they ate, and sometimes we wondered how it was possible to keep up the supply. And now that the war is over, and our soldiers are becoming civilians again, they're continuing to eat lots of ice cream. We run into an occasional shortage, of course, but on the whole, nobody's going hungry for ice cream!

Have you stopped to consider that this is just a little surprising, in view of the shortage of sugar? If you have, here's the explanation. It appears that ice cream makers have widely adopted a method of making ice cream by which they can save at least 20 percent of the sugar normally used. This method is a result of experiments which have been carried on for a long time by the Bureau of Dairy Industry of USDA. Way back in the days of World War I, a great deal of work was done on sugar substitutes. It seems, however, that no consideration was given to certain factors that may influence the sweetness of ice cream. In recent years, though, some of the scientists decided it was possible to change the method of mixing ice cream so that less sugar would be used, but the actual taste would be just as sweet.

In 1943 the BDI reported that tests they'd made had shown that the sweetness of ice cream is dependent on the proportion of sugar to water in the ice cream. With these facts as a basis, they continued experiments, and eventually found

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that it was possible to use less sugar by using less water and adding more milk solids. And the ice cream was just as sweet. Furthermore the food value of each pint of ice cream was not affected.

Of course, all during the testing period, groups of judges were used as tasters, and their reactions to the sweetness of the various batches of ice cream were carefully noted. (Incidentally, it must have been a pleasure to take part in a scientific experiment of this kind!) So...there's the reason why we're getting more ice cream for our sugar than we did in pre-war days. Scientists have found out how to substitute milk solids for sugar.

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